

PROTECT YOURSELF PROTECT YOUR FAMILY PROTECT YOUR COMMUNITY

FROM THE **EBOLA** VIRUS

FACTS

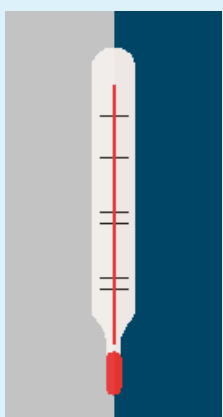
You can only get Ebola from direct contact with another person who is sick by:

- ◆ **Touching** a person who is sick with Ebola
- ◆ **Touching** a person who died from Ebola
- ◆ **Touching** blood, vomit, urine, feces, sweat, or objects soiled with body fluids from a person sick with Ebola



SYMPTOMS

Ebola can be spread to others after symptoms begin. Symptoms can appear from **2 to 21 days** after coming in contact with an infected person and may include:



- ◆ Fever
- ◆ Headache
- ◆ Diarrhea
- ◆ Vomiting
- ◆ Stomach pain
- ◆ Unexplained bleeding or bruising
- ◆ Muscle pain

FOR MORE INFORMATION

Centers for Disease Control and Prevention

www.cdc.gov/vhf/ebola



Virginia Department of Health

www.vdh.virginia.gov/epidemiology/ebola



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